



## A Statewide Initiative to Promote Sun Safety among Michigan's Youth

While some exposure to the sun can be enjoyable, too much is dangerous. Overexposure to ultraviolet (UV) radiation in sunlight and indoor tanning devices can lead to serious health effects, including skin cancer. Youth are particularly at risk of overexposure since 80% of the average person's lifetime UV exposure occurs before the age of 18. Even one severe sunburn during childhood can double one's risk of developing skin cancer later in life.

Most people are not aware that skin cancer is the most common form of cancer in the United States, with more than one million cases reported annually. By following a number of simple steps, youth and adults can enjoy time outdoors while protecting themselves from overexposure to UV radiation. The American Cancer Society says to **Slip** on a shirt, **Slop** on sunscreen with a sun protection factor (SPF) of 15 or higher, and **Slap** on a hat.

Nearly all skin cancer can be prevented through sun safe behaviors. Parents and caregivers must serve as role models and schools should adopt policies and implement programs that promote sun safety and reduce risk of skin cancer. The American Cancer Society in collaboration with the Michigan Department of Community Health and the Michigan Department of Education is seeking partners to promote sun safety among Michigan's youth.

### Goals

1. Build partnerships to promote sun safety and reduce risk of skin cancer.
2. Disseminate effective core messages, programs, policies, strategies, and resources regarding sun safety and skin cancer prevention.
3. Facilitate Michigan school districts' adoption and implementation of policies and programs that promote sun safety and reduce exposure to UV radiation.
4. Provide age-appropriate sun safety education to students as part of the *Michigan Model Comprehensive School Health Education Program* that incorporates opportunities for practicing sun safe behaviors.

### How to Get Involved

For more information or to find out how you can get involved, please contact:

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The American Cancer Society is the nationwide community-based voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer, through research, education, advocacy, and service. No matter who you are, we can help. Contact us anytime, day or night, for information and support.

1.800.ACS.2345 [www.cancer.org](http://www.cancer.org) **Hope.Progress.Answers.**

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